



# WARNING

RISK OF SUNBURN & HEATSTROKE

## PROTECT YOURSELF



**SLIP** on sun protective clothing that covers as much of your body as possible



**SLOP** on SPF 30 or higher to protect your skin. Reapply every two hours



**SLAP** on a broad-brimmed hat that shades your face, neck and ears



**SEEK** shade



**SLIDE** on sunglasses

